

Sexuality education in PDHPE K-6 factsheet

'Sexuality and sexual health' is one of the 14 contexts for learning embedded in the [Personal Development, Health and Physical Education \(PDHPE\) K-10 syllabus](#). Sexuality education forms part of learning in the PDHPE key learning area in Years K-6. Sexual health content is addressed in Years 7-10.



What do students learn in K-6 sexuality education?

In NSW, we do not refer to this learning as 'sex education'. This term can send incorrect messages about the focus of student learning. Sexuality education content in K-6 is not about sex. Learning about sexual behaviour, including sexual intercourse, is explicitly addressed in Stages 4 and 5.

There are some common concepts addressed in both sexuality education and mandatory [child protection education](#) such as private body parts and consent. However, sexuality education should be explicitly taught as part of a whole-school PDHPE K-6 program.

In sexuality education students learn:

- in an age and developmentally appropriate way in each stage of learning
- the emotional, social and physical aspects of growing up, identity, gender, human sexuality and respectful relationships including consent
- correct names for parts of the body, basic principles of human reproduction, family and interpersonal relationships, and safety
- knowledge, skills, values and attitudes to have safe, fulfilling and enjoyable relationships
- to think critically and communicate effectively to make responsible and safe choices
- to recognise pressures from other people and be able to seek help from trusted adults and support networks.

How is consent taught in K-6 sexuality education?

The teaching of consent in all NSW public schools is mandatory. Consent is a concept embedded in sexuality and sexual health education and mandatory [child protection education](#). Sexual consent is explicitly addressed in Stages 4 and 5.

From Kindergarten to Year 6, learning about consent is:

- developed through learning about respectful relationships
- not taught in isolation but explored through different online and offline environments that promotes the development of skills such as decision-making, problem-solving and help-seeking.

The [Consent as part of the PDHPE syllabus K-10 document](#) identifies where the concept of consent is addressed in resources developed by the department.



How can schools deliver quality sexuality education in K-6?

Sexuality education should form part of the whole-school [scope and sequence](#).

A school-based decision can be made to determine:

- whether schools teach aspects within each year of each stage
- the number of sexuality education lessons programmed as part of PDHPE.

To ensure an inclusive and culturally sensitive learning environment, schools may consider a range of options for structuring classroom delivery of sexuality education. **Some options may include:**

- All students participate in learning activities within the same classroom.
- Single-sex delivery. Male and female students are separated into different classrooms while they learn the same content about both sexes.
- A combination of both approaches. Students are introduced to content in single-sex groups. Students are then combined to further discuss and reinforce knowledge and skills.

For learning to be effective, teachers need to [create a supportive learning environment](#), so students feel safe to learn and ask questions. This includes preventing public disclosures from students.



Developing and selecting resources to deliver sexuality education

Schools may use the [resource review flowchart](#) to help make decisions about the suitability of teaching and learning resources.

Schools may choose to use the [sample units](#) available on the [Sexuality and sexual health](#) webpages. Use of these resources is not mandatory. There is no expectation that all units and activities in the sexuality and sexual health education curriculum support materials are to be taught.

Which department policies and legislation are relevant to sexuality education in K-6?

- [Controversial Issues in School Policy](#) and Implementation Procedures
- [Audio-visual material in schools – procedures for use](#)
- [Guidelines for engaging external providers](#)
- [Code of conduct](#)
- [Child Protection Policy: Responding to and reporting students at risk of harm](#)

Further information

For further information, advice and professional learning about the delivery of sexuality education, access the [Sexuality and sexual health page](#).

Contact

PDHPE Advisor K-6

Curriculum Early Years and Primary Learners

pdhpek6@det.nsw.edu.au

education.nsw.gov.au